

Welcome to Astral Drive Junior High!

Grade 6 Orientation

Welcome the changes!



A new chapter is starting for your child! Junior high has its highs and lows, much like every chapter. These years are developmentally when students continue to form identity, gain self-awareness, learn about their way of learning and being in the world and learn more about complex social situations...and of course, puberty.

Our Goal

Our goal as educators is to provide a safe and healthy space for students to learn about themselves and about their curriculum in an engaging way.

The shift to the junior high model may take a short time to adjust to but as we like to say, “If it is predictable, it is preventable!”



Bell Schedule

- 8:20 am Enter the building
- 8:30 am Classes Begin
- 8:35 am Period 1
- 9:35 am Period 2
- 10:35 am Period 3
- 11:35 am Lunch Break
- 12:30 pm Period 4
- 1:30 pm Period 5
- 2:30 pm Dismissal

10-day schedule

M	T	W	TH	F
Day A	Day B	Day C	Day D	Day E

M	T	W	TH	F
Day F	Day G	Day H	Day I	Day J

Course Offerings

- English Language Arts/Français
- Mathematics/Mathématiques
- Social Studies/Sciences Humaines
- Sciences/Sciences
- Core French/English Language Arts
- Healthy Living/Mode de Vie Sains
- Physical Education
- Electives: Band, Art, Technology Education
- Integrated Learning

Sample Schedule

	Monday 05/16/2022	Tuesday 05/17/2022	Wednesday 05/18/2022	Thursday 05/19/2022	Friday 05/20/2022
09:00 AM	VISUAL ART 7 Breen, Jennie 174 08:35 AM - 09:35 AM	FRANCAIS IMMERSION 7 MacLean, Crystal D. 222 08:35 AM - 09:35 AM	FRANCAIS IMMERSION 7 MacLean, Crystal D. 222 08:35 AM - 09:35 AM	MATHEMATIQUES 7 IMM Lannon, Colleen 213 08:35 AM - 09:35 AM	PHYSICAL EDUCATION 7 Carew, Michael 150 08:35 AM - 09:35 AM
10:00 AM	MATHEMATIQUES 7 IMM Lannon, Colleen 213 09:35 AM - 10:35 AM	MATHEMATIQUES 7 IMM Lannon, Colleen 213 09:35 AM - 10:35 AM	MATHEMATIQUES 7 IMM Lannon, Colleen 213 09:35 AM - 10:35 AM	FRANCAIS IMMERSION 7 MacLean, Crystal D. 222 09:35 AM - 10:35 AM	FRANCAIS IMMERSION 7 MacLean, Crystal D. 222 09:35 AM - 10:35 AM
11:00 AM	FRANCAIS IMMERSION 7 MacLean, Crystal D. 222 10:35 AM - 11:35 AM	SCHEDULING NEED Lannon, Colleen -1 10:35 AM - 11:35 AM	SCIENCES HUMAINES 7 IMM_INT MacLean, Crystal D. 222 10:35 AM - 11:35 AM	ENGLISH LANGUAGE ARTS 7 Patterson, Shannon 224 10:35 AM - 11:35 AM	MATHEMATIQUES 7 IMM Lannon, Colleen 213 10:35 AM - 11:35 AM
12:00 PM					
01:00 PM	ENGLISH LANGUAGE ARTS 7 Patterson, Shannon 224 12:30 PM - 01:30 PM	SCIENCES HUMAINES 7 IMM_INT MacLean, Crystal D. 222 12:30 PM - 01:30 PM	PHYSICAL EDUCATION 7 Carew, Michael 150 12:30 PM - 01:30 PM	SCIENCES 7 IMM Lannon, Colleen 213 12:30 PM - 01:30 PM	SANTÉ 7 IMM Lannon, Colleen 213 12:30 PM - 01:30 PM
02:00 PM	SANTÉ 7 IMM Lannon, Colleen 213 01:30 PM - 02:30 PM	BAND INSTRUMENTS 7 Greene, Stephen 143 01:30 PM - 02:30 PM	SCIENCES 7 IMM Lannon, Colleen 213 01:30 PM - 02:30 PM	PHYSICAL EDUCATION 7 Carew, Michael 150 01:30 PM - 02:30 PM	SCIENCES HUMAINES 7 IMM_INT MacLean, Crystal D. 222 01:30 PM - 02:30 PM

Organization

Students in junior high have many different teachers so having a binder with dividers, and organizing this daily is important!

They also have locks and lockers for their materials.

It is strongly recommended that students have an agenda to write down their homework, extra curricular activities and due dates.



Communication

There are four key ways to communicate with your pre-teen or teen about their work.

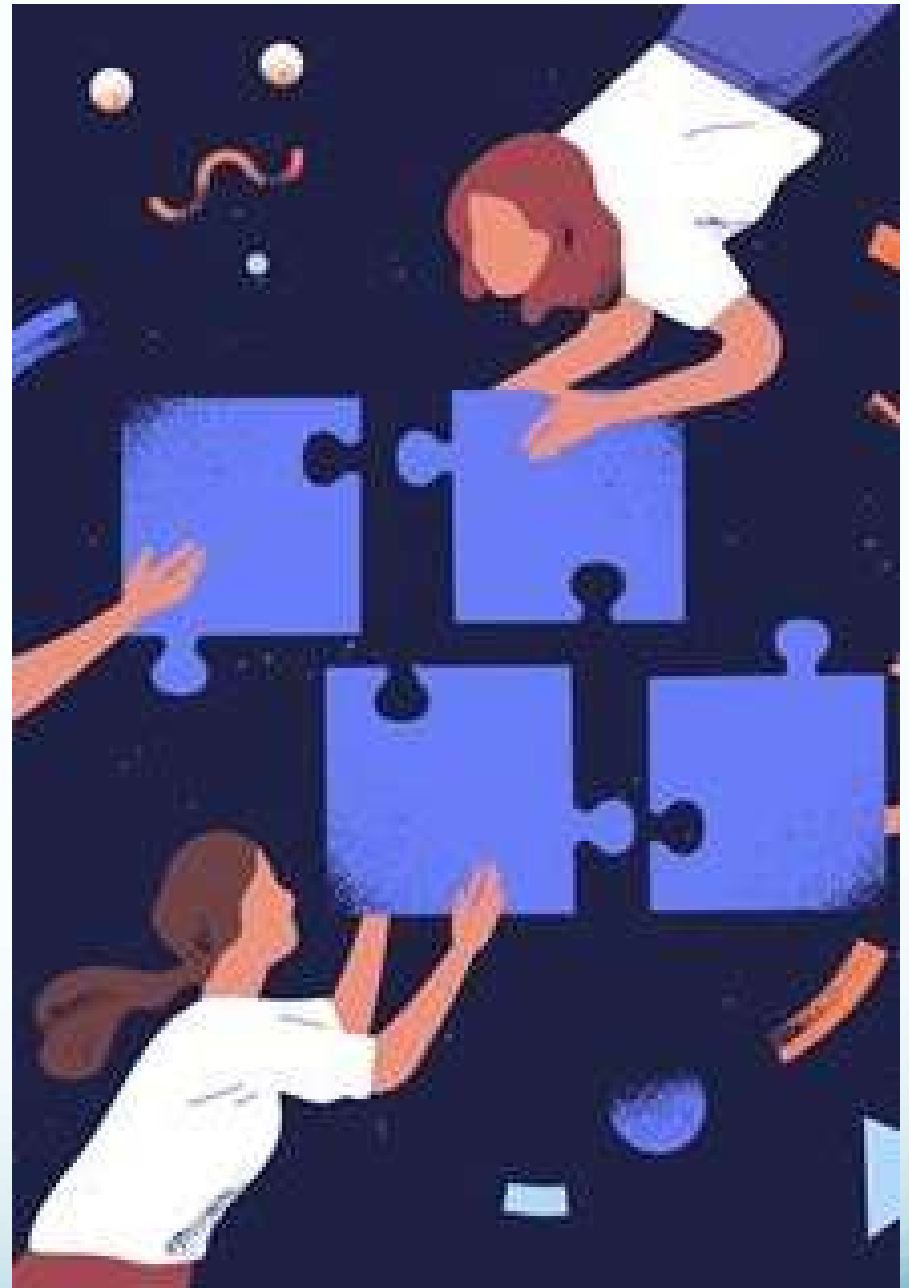
- 1) Power School and Grade book
- 2) Google Classroom
- 3) Teacher Emails

It is recommended that you check your child's Google Classroom, and Power School information frequently.



Independence

Encouraging students to get involved in the groups or sports they like, to take some risks in their learning and to try new activities (even when they are hard!) is a VITAL part of their development. We offer many clubs, groups, and sports at ADJH, such as the Best Buddies program!



Social changes

“Show me your friends and I’ll show you your path.”

Keeping a close tab on your child’s friendships and a strict eye on your child’s social media will help navigate some of the friendship changes and relationships that your child may face.

Having open and honest conversations about the WHY and HOW (not just WHO) of relationships with your child can also build trust and allow your child to have a safe place to discuss options with you.



Learning Support

- Referrals can be made to our team about your child's learning needs.
- We would then explore many options such as a junior high intervention teacher, Schools Plus, guidance, adaptations, resource support or school psychology.
- Please contact the school to place a referral.



Our Website

- You can find valuable information on our school website such as school supply lists, curriculum documents, cafeteria menu and bus information.
- Daily announcements and calendar dates are also updated regularly.
- <https://adj.hrce.ca/>



Getting to know you!

Each year we send out a questionnaire to parents/guardians of our grade 7 students.

This is not mandatory but by filling it out it can help us get a sense of your child's needs and goals.

Stay tuned to your inbox!

